



Handy Skills Checklist

Physical	
Balance and Coordination	
Body Control and Awareness	
Fine Motor Skills	
Flexibility	
Gross Motor Skills	
Spatial Awareness	
Strength and Endurance	

Intellectual	
Analytical and Research	
Creativity	
Critical Thinking	
Curiosity and Love for Learning	
Flexibility and Adaptability	
Information Literacy	
Organisation and Time Management	
Memory and Recall	
Problem Solving	

Emotional	
Emotional Intelligence	
Emotional Regulation	
Empathy	
Gratitude and Positive Thinking	
Mindfulness	
Self-Awareness	
Self-Esteem and Self-Confidence	
Resilience	

Social	
Active Listening	
Assertiveness	
Communication	
Conflict Resolution	
Cooperation and Collaboration	
Good Manners	
Problem Solving	
Respect and Tolerance	

For further information regarding these skills and to access supporting activities and more, please visit us at www.piesactivities.org





Handy Skills Checklist

Dear Home Educating Parent,

Thank you for downloading our FREE Handy Skills Checklist! This valuable resource offers numerous educational benefits for you and your child. Here are the educational benefits it provides:

- **Comprehensive Skill Coverage:** The checklist includes 32 skills across the PIES categories (Physical, Intellectual, Emotional, and Social). It ensures a well-rounded approach to your child's education.
- **Progress Tracking:** Use the checklist to track your child's progress in different skills. As they master each skill, you can tick it off, providing a visual representation of their growth and accomplishments.
- **Goal Setting:** Set goals for your child's learning journey using the checklist. Choose specific skills to focus on and track their progress over time. This helps create a sense of purpose and direction in their education.
- **Self-Assessment:** Encourage your child to self-assess their skills using the checklist. This promotes self-awareness and empowers them to take ownership of their learning.
- **Identifying Strengths and Weaknesses:** The checklist helps you identify your child's strengths and weaknesses across different skill categories. This knowledge allows you to tailor their education to their individual needs.
- **Collaborative Learning:** Use the checklist as a tool for collaborative learning. Discuss the skills with other home educating parents, share resources, and exchange ideas for teaching different skills.





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Now, let's explore the different ways you can use this checklist:

1. **Curriculum Planning:** Use the checklist as a guide for curriculum planning. Assess which skills your child has already mastered and identify areas that need more focus.
2. **Progress Monitoring:** Track your child's progress by ticking off the skills they have achieved. This visual representation of their growth will motivate and inspire them.
3. **Goal Setting:** Set specific goals for your child's learning journey. Choose skills from the checklist and work towards achieving them together.
4. **Self-Assessment:** Encourage your child to assess their own skills using the checklist. This fosters self-reflection and helps them take an active role in their education.
5. **Identifying Strengths and Weaknesses:** Use the checklist to identify your child's strengths and weaknesses. This knowledge will guide you in tailoring their education to their individual needs.
6. **Collaborative Learning:** Engage with other home educating parents using the checklist. Share ideas, resources, and strategies for teaching different skills.

Remember, this checklist is a roadmap that every home educating parent needs. It provides a comprehensive overview of skills and offers a variety of ways to enhance your child's education. Enjoy the journey of learning and growth with your child!

